and used in different ways. It may be eaten with milk and brown sugar or with any kind of meat grease. A little salt may be added for additional flavor. 252

Various kinds of nut meats are added to cooked hominy to make a dish known as "nut hominy." Hominy and chopped meat (beef, pork or other fresh meat) are cooked together and then allowed to stand until sour. After hickory nuts are added to this mixture, the result is called "soured nut" hominy.

Hulled corn is made by boiling dried corn in a strong liquid, made alkaline by the addition of hard wood ashes. This process of preparation is long and arduous, since after hours of steady boiling it requires many washings in clear, cold water to rinse the lye from the loose hulls. This food may be eaten with milk and sugar, fried with potatoes in pork fat, combined with fresh or dried meat for stew, or with beans for succotash.

### Wild Vegetable Foods

Long ago fruits and berries were preserved by drying, this practice giving way in later times to canning and the manufacture of jelly and jam. Dried fruit are prepared to eat in a number of ways. Grapes are boiled, and the resulting liquid thickened by the addition of corn meal, flour, or hominy grits. A boiled pudding is composed of dough made of cornmeal and flour, or flour only, to which any variety of berry, except strawberries, may be added. This dough is then placed in a cloth bag and boiled. When ripe, persimmons are mashed and spread on a cloth to dry for use in a bread called "persimmon bread." With few exceptions all of the fruits and berries mentioned are made into pies, puddings, preserves, fruit butters, and jams. 222 251 252

The various varieties of nuts are gathered in large quantities and stored away for future use. These provide a nourishing supplement to the remainder of natural food stuffs. Nuts are eaten raw, roasted, boiled, and frequently incorporated in other types of food. Edible acorns are usually roasted.

With the introduction and increased use of European food products, the necessity arose among the Delaware of fitting them into their own linguistic configuration, if the foreign terms themselves were not taken over. Like so many primitive groups, the Delaware came to apply native terms of a descriptive nature to the majority of elements foreign to their culture. Many of these have been retained to the 196 262 177

present day. Thus, for example, the Delaware term for the cocoanut is "water hickory nut."

"Indian Potato" or Ground Nut *(Apios tuberosa)*, "wild potato." The tuberous roots are gathered in large quantities and stored for winter use. They are not considered good after sprouting. The roots are either boiled and eaten as the cultivated potato, or dried and ground into flour used for making bread. In recent times the ground nut has not grown abundantly in the Delaware habitat, and is now considered a rare delicacy.

Sorrel *(Rumex acetosella)*, "sour." This plant, prepared much like rhubarb, is used as a filling for pies.

Onion *(Sp.?)*. Of the different varieties of wild onions, three are regarded by the Delaware as being edible. The one most commonly gathered for use is the "buttonseed." These are dried and prepared by frying, or boiling, or are added to flavor stews and soups. Wild onions are also cooked in grease to which eggs are added.

A species of mushroom *(Agaricus campestris)*, "tripe form," is fried in hot fat, or salted and boiled.

Certain plants are considered to be healthful foods, especially in spring, when people were in need of the medicinal substances present in them. The practice of seeking the first green plant shoots in early spring is not peculiar to the Delaware alone, but is characteristic of other Eastern Algonkian peoples. Such food is called "greens" or "plant tops." The young shoots are usually picked and cooked separately, or mixed with several other plants. In both cases the "greens" are parboiled in water, and then cooked with meat. Among such plants may be mentioned dandelion, milkweed, poke, lamb's quarters, mustard, dock, and watercress.

### Animal Foods

Wild animals, as pointed out by F. G. Speck (1931, pp. 28-29), are in general considered to exist in clan relationship with humans. The latter are said to be "kings among animals." Clean, pure animals of the forests are referred to in terms of human relationship and their spirits must be propitiated before they can be sought for food. If the supernaturals are appeased through sacrifices, the animals will allow themselves to be taken, but if the proper ceremonies are not carried out, they can never be approached by humans. Therefore a hunter before starting out, is obliged to pray and sacrifice tobacco, and also if he should dream of seeing game during the hunt. The Delaware "sharing-feast"